

Rescued Recipe #302

Chicken Fricassee with Orzo Pasta

I'm always curious to know what inspires someone to create a family heirloom cookbook. Then, what ultimately motivates him or her to complete the long, tedious process?

For Scottsdale Interior Designer Lorelee De Santo, the inspiration was a family wedding. The motivation for getting it done was a trade out of services.

“About 23 years ago my nephew was getting married and I decided to give the couple a cookbook of recipes that they had enjoyed at my house.

I ended up with 100 recipes. A friend of mine typed the recipes for me in trade for helping her to design her home. And so it began, a family cookbook.

Lorelee's Favorite Recipes Cookbook takes you from Artichoke Hors D'Oeuvres to Bananas Foster and delicious dishes in between. The chicken fricassee caught my eye because, after all, who isn't looking for new ways to prepare chicken? I enjoyed Lorelee's dish with chicken thighs and prosciutto. Also, the Orzo is a welcome change from the rice or spaghetti-type pasta normally paired with this type of dish. So this week let Lorelee design the interior of your skillet for a tasty weeknight supper!

Lorelee's Chicken Fricassee with Orzo

Ingredients:

4 large skinless, boneless chicken thighs or 4 skinless chicken breasts.

½ teaspoon salt

½ teaspoon black pepper

2 tablespoons butter

¾ cup chopped green onions (about one bunch or 7 onions)

2 cloves garlic, minced

½ cup carrots, finely diced

½ cup ham or prosciutto (3 oz package), finely diced

½ cup Chardonnay

1 cup chicken broth

1/3 cup whipped (heavy) cream

3 cups hot cooked orzo pasta (cooked in chicken broth, optional)

¼ chopped fresh parsley plus leaves for garnish

Dash of flour if sauce needs thickening

Directions:

Prepare Orzo pasta in chicken broth or water. Prepare chicken. If using chicken breasts, pound to tenderize. Sprinkle chicken thighs or breasts with salt and pepper. In a large skillet, melt butter. Add chicken and on medium high heat, cook chicken about 3-4 minutes on each side until browned. Remove chicken from pan. Add onions, garlic, carrots and ham or prosciutto to pan. Sauté until lightly browned. Stir in wine, scraping to loosen browned bits. Add chicken broth and return chicken to the pan. Bring to a boil, then cover and simmer for about 10 minutes or until chicken is done. Remove chicken from pan with a slotted spoon and keep warm. Add whipping cream and cook over medium heat for about 8-10 minutes to thicken sauce. If sauce is too thin, sprinkle in a dash of flour and cook. Spoon ¾ cup cooked Orzo pasta onto each of 4 plates. Top each with chicken thigh or breast. Pour 1/3 cup sauce over each piece. Sprinkle with parsley. Garnish with parsley sprigs.